

Exercise Apparatus

Abstract

An exercise apparatus that will exercise at least five groups of muscles is disclosed. The exercise apparatus exercises the abdominal muscles, the serratus muscles, the intercostals muscles and the back and leg muscles. The apparatus uses a seated position for the person exercising and the exerciser is seated on a swing. When the exerciser leans back the swing rotates such that the exerciser's feet rotate upward. When the exerciser bends forward the apparatus goes back to its original position. When the exerciser bends forward, the above five groups of muscles are exercised.